



NUTRITION CONSULTING INC.

B.E.A.T. in a Pocket

Created by the Egg Farmers of Canada

Makes: 4 servings

Prep: 8 min.

Cook: 5 min.

What you need:

2	slices reduced salt bacon, cooked and chopped	2
4	eggs	4
1/8 tsp	pepper	1 mL
2	whole wheat pita pockets	2
1/2	avocado, diced	1/2
1	tomato, sliced	1



How you prepare:

Warm bacon in non-stick skillet over medium heat.

Whisk eggs and pepper in small bowl; pour into skillet. As eggs begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains.

Cut pitas in half; open halves and place tomato slices inside. Spoon in scrambled eggs and avocado.

Variations:

Cheese B.E.A.T.: Instead of bacon, use 2 oz (60 g) sliced Brie or shredded Cheddar or mozzarella cheese.

Veggie B.E.A.T.: Instead of avocado and tomato, add texture by using one small chopped sweet red or green pepper and one grated carrot.

B.E.A.T. in a Tortilla: Instead of pita bread, use whole wheat tortillas. Roll up scrambled eggs, tomatoes and avocado inside tortilla.

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Nutrients per serving:

Calories 223

Fat 11 g

Saturated Fat 3 g

Trans Fat 0 g

Sodium 244 mg

Carbohydrate 22 g

Fibre 3 g

Sugars 1 g

Protein 12 g

Recipe used with permission from the Egg Farmers of Canada. Visit www.eggs.ca for more great recipes.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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